CALGARY metro®

NEWS WORTH SHARING.

We're taking a day off

Metro won't be publishing on Tuesday, Remembrance Day. Look for us again on Wednesday

Feeling a bit enclosed

Fencing erected throughout Britannia Slopes has residents fuming PAGE 3

A HEARTY GRAIN FOR A HEARTY MEAL

THE FLAVOURS OF SWEET POTATOES, DRIED CRANBERRIES AND MAPLE DRESSING GO SO WELL IN THIS QUINOA DISH PAGE 15

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'You are, bold, beautiful, brave — and believed'

'My story.' Artist reflects on sharing intensely personal tales of sexual abuse

The past poured out of Mandy Stobo and onto her computer screen.

When she was done, the 31-year-old Calgary visual artist closed her computer, unable to re-read the deeply personal story she had just shared with the world.

When she was just 3, Stobo writes in a recent blog post, a family member began raping her in a cycle of abuse that would go on for six years.

At age 12, she developed severe anorexia and landed in hospital. She was eventually moved to a high-surveillance psychiatric ward where, she writes, the night nurse "would have his way with me."

Still, she persevered, and later began travelling the world. When she was in Cambodia, however, she said she ended up in a brothel, where she was raped several times a day.

Stobo's willingness to share her experiences has been met with positive reaction from friends and strangers alike.

Days after publishing the post — titled My Story (hopefully it will help you feel safe to tell yours) — she described the response as "incredibly beautiful," and said she's had many more personal stories sent to her, some from women saying, "I have never said this to anyone before, but here is my story."

"It's a funny thing to have a damaged head, in that you don't have all the moments, some are in black, and some will one day come into life and others never will," she said in an interview with Metro.

"And part of you has done so much therapy and self care that it's scary to open some doors when you don't quite know what will be on the other side or what they will do to you once they're opened."

Today, Stobo has a son and a husband — he consoled her the night she posted the blog as she cried and questioned repeatedly whether she'd done the right thing.

A few days on, there appear to be fewer doubts in her mind.

"By doing this, we're making a safe, strong, brave community that can, in time, change the fact that rape culture even exists ... We can at least lean on each other's shoulders and feel OK to cry, to laugh, and to scream together ... anyone out there sitting in shame — you are beautiful and bold and brave. And you are believed."

For a link to Mandy Stobo's full story, head to metronews.ca. JEREMY NOLAIS/METRO

DOG DAYS OF WINTER

While many in Calgary were grumbling Sunday about winter's sudden and brutal arrival, Misha the golden retriever was thrilled to play fetch in the snow, while out for a walk with her owners Joe and Michella Shimonov. For more on what's in store from Mother Nature, head to page 4.

ROBSON FLETCHER/METRO

TODAY'S TIP
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Extensive fencing ruining 'natural' feel of Britannia Slopes: Residents

Compromise. Area councillor said middle ground was struck between dog owners, pathway users

ROBSON FLETCHER
robson.fletcher@metronews.ca

Hundreds of metres of fencing erected throughout Britannia Slopes has area residents fuming and organizing a demand that the city revise its redesign for the largely off-leash area along the Elbow River.

"We knew something was going to change; we didn't know it would be this extreme," said Jane Anne Smith, who lives near the park and is helping rally residents opposed to the construction work, which still isn't complete.

"I've met one person who's OK with what's going on down here," Smith said. "Everybody absolutely hates what's going on."

Margaret Nielsen, 65, has lived in the area for 30 years and said the space has always been a relatively natural environment where dogs could roam freely, from the upper fields along Britannia Drive, down the steep embankment to the Elbow River Pathway and into the Elbow River itself.

River access for dogs is now being restricted, and the lower off-leash area has been reduced to a fenced-in "corral" near the parking lot at the end of Riverdale Avenue, which Nielsen said is virtually unusable for her small pooch.

"I've seen people come and sit in their cars, because it's windy and cold, and let their big dogs run in the corral," she said. "What can my little, four-pound dog do in that kind of environment?"

Numerous people out at the park Sunday also said the fencing along the top of the ridge detracts from the view of the valley below.

Coun. Brian Pincott, however, said the park's redesign was the result of two years of public consultation from 2009 to 2011 which involved "hundreds and hundreds" of participants.

"It was broadly supported by community associations, by everybody who participated in it, to the point that when the plan was completed and came to council, basically everybody was happy with it," he said. "And now we're building it."

The fencing is just one part of a much larger, $10-million redesign for the entire area that also includes changes to Sandy Beach and River Park on the other side of the river, and the rebuilding of the pedestrian bridge that was wiped out by the flood, Pincott noted.

Reducing the size of the off-leash area was the biggest "compromise," Pincott said, as many dog owners wanted to maintain the space while many pathway users wanted no off-leash area at all along the lower section.

Pincott said he understands concerns with the fencing detracting from the "natural" look of the area but said it's needed to reduce foot traffic — both human and canine — along the slopes, which "has led to a significant degradation of the natural environment there." Smith said she and other longtime area residents have seen little such degradation, however, and believe the fencing will do more harm than good.

"We've got a lawyer involved and we've got an environmentalist involved to figure out we can get some of this removed," she said. "We know that we're never going to get it all removed."

Mike and Nicole Smith, with their dogs Tessa, Mila and Morris, aren't pleased about being restricted to the newly fenced-in "corral" at the bottom of Britannia Slopes. ROBSON FLETCHER/METRO

'Harvie land'

"This was originally Harvie land and we believed it was supposed to be natural. It was donated to the city from the Harvie Foundation. We see nothing natural about what they've done down there."
Jane Anne Smith

Redesign

The larger redesign of River Park, Sandy Beach and Britannia Slopes is set to continue until 2016.

- The new Sandy Beach Bridge, replacing the pedestrian bridge that used to span the Elbow River at this park and was wiped out by the June 2013 flood, is set to open Nov. 23 with a ribbon-cutting ceremony at noon.

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The downtown Calgary Board of Education headquarters. The CBE had expected its operating reserve to be completely drained following an April 1 decision by trustees to use the entire remaining amount of $21.7 million to offset what they describe as four years of inadequate provincial funding. METRO FILE

School board grilled on choice to bank surplus

Too conservative?

Teachers' Association local says money could have hired 240 teachers

JEREMY NOLAIS
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Calgary public-school officials are painting a slightly rosier financial picture, but questions are being raised about whether more money could have been diverted to ease classroom struggles.

The Calgary Board of Education is now reporting a surplus of just over $9 million for the fiscal year ending Aug. 31, when it had originally forecast a $15.3-million deficit.

Board Chief Supt. David Stevenson credited the variance to "strong and prudent management — and perhaps a little good luck."

But Frank Bruseker, president of the Alberta Teachers' Association local, said high school class sizes took a beating in the 2013-14 year after officials chose to cut funding heaviest at the senior-student level — a move that likely contributed to class sizes growing in excess of 10 per cent year-over-year.

Bruseker admitted that balancing the books of a $1.2-billion organization such as Calgary's public school board can be tricky, but said he still couldn't help wonder if more money could have been used to ease the classroom burden.

"They could have hired 240 teachers," he said.

"With this reserve, they could have easily put one more teacher into absolutely every school."

One factor behind the surplus was an additional 3,600 students, bringing a greater injection of per-student provincial funding, said Brad Grundy, the board's chief financial officer.

He said 31 approved capital projects and cost uncertainties around the June 2013 flood also played roles in the discrepancy.

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Calgary's now fully in the grip of winter

Winter has arrived in force and it's not going anywhere any time soon, according to Environment Canada.

"It's just really cold air that's over the Arctic and it's moving south," lead meteorologist Jesse Wager said of the system that moved through southern Alberta on Sunday.

Calgarians can "definitely" expect "below-normal temperatures for the better part of this week," she added.

Temperatures are expected to drop to -17 C on Monday afternoon and, with the wind chill, feel like -29 C.

Calgary saw about eight centimetres of snow as of early Sunday afternoon. It was expected to taper off by the evening.

The accumulation won't be enough to trigger a snow-route parking ban, said Calgary roads spokesperson Anna Blaxley, but drivers should expect a slower commute on Monday morning.

Calgary police reported 207 vehicle collisions, including 21 resulting in injuries, between 12:30 a.m. and 4:30 p.m. Sunday.

City crews began salting roads before freezing rain, followed by snow, even began to fall, Blaxley noted. Overnight the plan was to "echelon plow" major commuter routes into the downtown.

"That's a tandem plowing technique where they actually line up a number of snow plows at a 45-degree angle so they can plow every lane of a major road at once," she said.

The city also called in some additional equipment and workers on contract to help with snow and ice control in "problem spots" like hills and ramps, Blaxley said.

ROBSON FLETCHER/METRO

City trucks are laying "pickle mix" — a mixture of gravel and salt — on Calgary roads in addition to plowing. ROBSON FLETCHER/METRO FILE

Collisions

207

Calgary police reported 207 vehicle collisions, including 21 resulting in injuries, between 12:30 a.m. and 4:30 p.m. Sunday.

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Kananaskis. Hiker airlifted to hospital after 18-metre tumble

A hiker was flown to hospital in Calgary by helicopter after falling approximately 18 metres down an embankment while hiking Old Baldy Trail in Kananaskis over the weekend.

The 60-year-old woman was walking with a large group Saturday afternoon when she slipped or tripped and fell, said EMS spokesman Stuart Brideaux.

It wasn't a "free fall" but the woman tumbled down a rough patch of steep terrain and suffered soft-tissue injuries and a suspected broken leg, he said.

She was flown by STARS air ambulance from the Porcupine Day Use Area to Foothills Hospital in Calgary, Brideaux said. METRO

Northwest Calgary

Fire contained at seniors' complex

Firefighters contained a small blaze to a single unit at a seniors' complex in northwest Calgary early Sunday morning.

The fire began in a kitchen at the complex in the 1500-block of Northmount Drive NW shortly after 5:30 a.m. and was extinguished by firefighters using high-pressure fans to force out smoke. METRO

Bridgeland LRT

Police investigate after woman found injured

A 30-year-old woman is in hospital with serious injuries after a Saturday night assault near the Bridgeland LRT station in Calgary.

A passerby spotted the woman lying in a "wooded area near the river bank" on the south side of the LRT platform. Police are investigating. METRO

Hockey gold medallist aims to inspire girls in the game

Two-time gold medallist Meaghan Mikkelson at the Scotiabank Saddledome on Sunday, where she helped coach hundreds of young, female hockey players. YASMIN JASWAL/FOR METRO

Scotiabank Girls HockeyFest. Meaghan Mikkelson motivates minor hockey players

YASMIN JASWAL
calgary@metronews.ca

Three hundred young female hockey players got to spend Sunday at the Saddledome and learn some skills from a two-time Olympic gold medallist on Sunday for Scotiabank Girls HockeyFest.

Along with helping them on ice, Meaghan Mikkelson, who was part of Team Canada's women's hockey team in 2010 and 2014, spoke to the crowd about the gold-medal game in Sochi, facing adversity, and working hard to achieve dreams.

"I was once where all of you are today," Mikkelson told her audience. "I was 10 years old, and I had a dream of playing for Team Canada."

Mikkelson said when she was 12, she attended a camp where Canadian hockey great Hayley Wickenheiser told her she had a great shot.

"I'm just hoping that by me being here and sharing some of my experiences that I can have a positive impact on them the way that players had on me when I was young," she said.

Event

The day-long event, in its seventh year, is open to girls aged seven to 14 who play in minor hockey leagues.

- Players from the University of Calgary's Dinos women's hockey team and the Calgary Inferno were also in attendance, and they helped with training.

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Michael Haney, left, and Allison Warden pose in photos posted on Twitter with the hashtag #kmface. Scores of people are posting snarling selfies online after legal arguments made in B.C. Supreme Court last week that facial expressions constitute assault. TWITTER/THE CANADIAN PRESS

Opponents of Kinder Morgan unable to keep a straight face

Snarling selfies.
Scores take to social media to face off with energy giant over court argument that dirty looks can be assault

Bulging eyes, scrunched noses, bared teeth — anti-oil pipeline protesters are facing off against energy giant Kinder Morgan with the meanest mugs they can muster.

Scores are posting snarling selfies online after legal arguments made in B.C. Supreme Court last week that facial expressions constitute assault.

Kinder Morgan lawyer Bill Kaplan told the court that activists who have blocked a subsidiary pipeline builder in a Vancouver conservation area obstructed workers in part by making faces. Millions in damages are being sought.

A social media meme poking fun at the assertion has gone viral. Professed environmental advocates, random members of the public, at least one of the defendants and Vancouver Mayor Gregor Robertson have uploaded interpretative photos dubbed the "Kinder Morgan face."

"It feels a little bit like Kinder Morgan are stepping in it," said Stephen Collis, one of five defendants named in two legal actions, adding he finds the joke hilarious.

"This is one of the ones where they really did put their foot in their mouth. People are going to pick up on that."

Three days of hearings into an injunction application against the protesters wrapped up Friday, with a judge reserving his decision until Nov. 17.

Kaplan had argued the defendants conspired against Kinder Morgan, employing social media and telephone networks to harm the oil company and pipeline builder Trans Mountain as it seeks to nearly triple capacity by expanding a route under Burnaby Mountain. He entered into evidence photographs of protesters wearing facial expressions he said demonstrate anger and violence.

"One of the things I will argue is that is not only intimidation, but that is actually an assault," he said on Wednesday.

Defendant Lynne Quarmby said the Kinder Morgan face meme points to the "absurdity" of the legal arguments. She was asked whether she felt the trend could cause any harm.

"In that silly thing going viral? No! It's like cute cat videos, my goodness."

THE CANADIAN PRESS

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Donetsk shellings arouse fears

Ukraine says pro-Russia separatists have been receiving equipment.

MSTYSLAV CHERNOV/THE ASSOCIATED PRESS

The heaviest shelling in recent weeks has shaken the main city in Ukraine's rebel-held east, heightening worry about the renewal of full-scale conflict despite a ceasefire signed two months ago between Ukraine and Russia-backed separatists.

Artillery explosions roared throughout the early hours of Sunday in Donetsk, quietening only after sunrise.

A city council statement said four residential buildings were destroyed, but it didn't give information on casualties.

The ceasefire called on Sept. 5 has been violated almost daily.

Some of the heaviest fighting focuses on Donetsk's airport.

On Saturday, Associated Press reporters saw scores of military vehicles moving near Donetsk and farther to the east.

The reporters said that many of the unmarked vehicles were towing artillery.

Ukrainian officials say rebel forces have received new weaponry and manpower from Russia. Moscow denies such claims.

THE ASSOCIATED PRESS

The Brandenburg Gate stands illuminated during 25th anniversary celebrations of the fall of the Berlin Wall on Sunday in Berlin.

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Germany marks 25 years since Wall's fall

Berlin Wall. Anniversary marks a quarter-century since the country declared its unity, freedom from Soviet influence

As Germany celebrated the 25th anniversary of the fall of the Berlin Wall, Elke Rosin recalled on Sunday how lucky her family had been.

Her pet parakeet and a few personal belongings were all that Rosin managed to grab before her family fled from East to West Berlin 53 years ago. Hours after their frantic escape, the Communist authorities in East Germany sealed off the border and began building the Wall.

"We all got away and nobody died," said Rosin, now 70.

Others weren't so fortunate. During its 28-year existence, at least 138 people died at the Wall, and hundreds more were jailed for trying to escape.

German Chancellor Angela Merkel honoured their memory and paid tribute to those who helped bring down the Wall, calling its collapse an example of the human yearning for freedom.

On the night of Nov. 9, 1989, thousands of East Berliners streamed through the once-closed border crossings after Communist authorities caved in to mounting pressure and relaxed travel restrictions that had kept their citizens from going to the West for decades.

"It was about reclaiming freedom, about being citizens, not subjects," Merkel said at the main memorial site for the Wall on Bernauer Strasse.

"The fall of the Wall has shown us that dreams can come true," said Merkel, who grew up in East Germany. "Nothing has to stay the way it is."

A million people were expected to attend Sunday's festivities in Berlin, which included an open-air party at the city's Brandenburg Gate and the release of hundreds of helium-filled balloons strung along a stretch of the former border.

THE ASSOCIATED PRESS

Germany's history

German Chancellor Angela Merkel said Nov. 9, 1938, stands as another critical event in Germany's history.

- **The Night of Broken Glass.** On Nov. 9, 1938, German paramilitaries launched a pogrom (a violent riot aimed at persecuting or killing ethnic and religious groups) on Germany's Jewish population.
- **An opening note.** Merkel believes that while Nov. 9 marks the country's will to be free, it carries the weight of knowing it represents the beginning of the death of millions: "I feel not just joy, but the responsibility that German history burdens us with."

A Royal Bank wristband is used for payment in this handout photo. BLUESKY COMM/HANDOUT/THE CANADIAN PRESS

A new way to pay a heartbeat away?

Test. Royal Bank testing gadget that lets you pay with a tap of a wristband that identifies you via your unique heartbeat

You've heard of paying retailers with the tap of a smartphone, but Royal Bank thinks shoppers are ready to take another big step: wearing payment options on their wrist.

The bank has paired with Toronto-based technology developer Bionym to test a wristband called Nymi, which identifies owners through their unique heartbeat and then lets them charge purchases to their credit card.

The device looks like a watch, and will soon grace the wrists of 250 RBC clients and staff under a pilot project in Toronto that runs through February.

Eventually, the bank hopes to roll out its RBC PayBand across the country.

Royal Bank is focusing more on payment technology in an effort to introduce more options, said Jeremy Bornstein, head of the bank's payments innovation operations.

"We've been keenly looking at the wearable space for quite some time," he said in a recent phone interview from the Money 2020 financial innovation convention in Las Vegas.

THE CANADIAN PRESS

First Nation may grow pot

When Elaine Alec started door-knocking in her First Nation community to ask families and respected elders if they would approve of an on-reserve medical marijuana grow-op, she braced herself for the worst.

"My first line was: 'So, what do you think of medical marijuana?'" said Alec, a planning and community engagement specialist with the Penticton Indian Band in British Columbia's Interior.

"I was completely surprised that people would get a look of thought on their faces and were thinking about it. They would say, 'I think that's a good idea.'"

A greenhouse in British Columbia. The Penticton Indian Band in B.C.'s Interior is considering growing marijuana. BW GREENHOUSE/HANDOUT/THE CANADIAN PRESS

Now, the band's proposal to build a medical pot facility is moving forward with substantial community support, as the First Nation looks at growing a cannabis strain that caters specifically to health conditions afflicting indigenous populations. THE CANADIAN PRESS

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IS CYCLING IN CALGARY FOR THE RICH?

URBAN COMPASS

Jeremy Klaszus
calgary@metronews.ca

Is cycling in Calgary designed primarily for rich people?

I've heard that question a few times in recent months, particularly in response to the planned downtown cycle tracks.

It's an irksome question for many cyclists, me included. It's challenging and inconvenient. Here we are, advocating for one of the least expensive methods of urban transport, accessible to anyone, and you're saying these efforts are inequitable, favouring the wealthy?

Well, maybe. It's worth considering, though hard to prove one way or the other.

In Calgary, we lack detailed data on cyclists. Even so, the bits of data we do have hint at high-income Calgarians commuting by bike more than low-income earners — at least downtown.

To get a sense of income levels, you need to go back to 2006 (eight years!) when the city surveyed bike commuters coming into the core. That survey found typical cyclists coming into the downtown were middle-aged men earning more than $90,000 (!) a year.

This survey, while old, raises some interesting questions. If cycling is such an affordable and appealing choice, why weren't more middle-income and low-income earners choosing to come into the core by bike?

In an op-ed earlier this year, the Manning Foundation's Jeromy Farkas drew on the 2006 survey numbers and argued that "cycling as a primary form of transit is reserved largely for those who choose to bike amongst other options, rather than for those who bike by necessity" in Calgary.

When Farkas, an avid cyclist himself, ran this notion of what he called "cyclist privilege" by me on Twitter, I had trouble seeing it. In the Beltline, for example, where parts of the cycle track network will be built, household incomes tend to be lower than they are in the city as a whole. And as cyclists there will be quick to tell you, the community contributes more tax dollars to the city than outlying neighbourhoods, thanks to its density.

Still, it's entirely possible that bike infrastructure usage skews toward the wealthy. Washington, D.C., is an interesting case study. Researchers there found that despite recent investments in cycling infrastructure, commuting by bike remains unpopular among the urban poor, who tend to prefer cars. The researchers, Eve Bratman and Adam Jadhav, warned in The Atlantic that excessively denigrating cars could actually hinder cycling adoption and thwart poverty reduction efforts in cities.

"Yes, there are many ecological and social costs to car-dependent transport," they wrote. "But poor people face enormous multimodal challenges that should be considered in conjunction with such concerns."

Back in Calgary, we simply need better cycling data, as the Manning Foundation has pointed out. It would be valuable to survey income levels and go beyond the downtown core. It may be that Calgarians of all income levels are taking to bikes — but without data, it's all speculation.

Hurray for 7-5-3 day

A kimono-clad girl has lipstick applied during a festival at Meiji Jingu Shrine in Tokyo over the weekend. KOJI SASAHARA/THE ASSOCIATED PRESS

Children of certain ages celebrated

Shichi-go-san (7-5-3) is a Japanese festival for children who are 3, 5, and 7 years old, as the name suggests.

The official date is Nov. 15, but as it's not a national holiday, most families will hold their festivities on the nearest weekend instead.

Parents will take their children to a local Shinto shrine. There, they pray for the well-being of their children.

Usually a purification rite is also performed during the festival.

ZOOMINGJAPAN.COM

Milestones

- **Age 3.** During the samurai era, kids would have their heads shaved at birth. At 3, they were finally allowed to grow it.
- **Age 5.** Boys put on a hakama for the first time in public.
- **Age 7.** Girls began using an obi sash to tie their kimono.

Comments

RE: NDP Deputy Leader Megan Leslie says Liberals Could Have Kept 'Misconduct' Quiet, published online Nov. 8, 2014

Not a big Trudeau fan (though less of a Harper fan), but the NDP is staking out the wrong ground on this one. Seriously wrong.

I don't want to downplay the potential for harm if someone is wrongly accused, but that problem exists with all crimes, not just sexual misconduct.

Trudeau acted properly and no victims have been named.

So it kind of makes you wonder what it is that the NDP is upset about. When it finally occurs to them how stupid they look in all of this (not to mention that they are actually claiming that perpetrators of sexual harassment and assault need their privacy).

Megan doth protest too much, methinks.

Jeff200,
posted to metronews.ca

While harassment allegations are nothing to take lightly, I feel as though given the NDP's reaction to try to make political hay out of Trudeau doing the right thing is beyond contemptible.

I'm also convinced that had Trudeau tried to handle it quietly and internally, they would have attacked him for not taking the allegations seriously, and trying to cover it up.

Mulcair is coming off as amazingly greasy in this whole manufactured scandal, while Trudeau did the only thing he could — act like the leader of his party and suspend the MPs in question and be open and honest about why he was doing it. I am not sure how the women in question wouldn't feel safe by the actions taken ... they were not named, shamed, or brushed aside. Their allegations are being taken seriously and being looked into accordingly.

Baldurdash,
posted to metronews.ca

Playing politics?

I'm also convinced that had Trudeau tried to handle it quietly and internally, they would have attacked him for not taking the allegations seriously

RE: Mikhail Gorbachev Warns World 'On Brink of New Cold War,' published online Nov. 8, 2014

Russia invades Ukraine, new Cold War. America invades and destabilizes (countries in the) Middle East, no problem, they are the good guys.

chain n,
posted to metronews.ca

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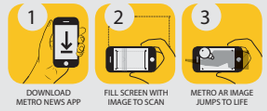

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SCENE 2

Ebooks

The World of Ice & Fire

By. George R.R. Martin, Elio Garcia, Linda Antonsson

Kindle/iBooks/Kobo

Although it lacks the intimacy of the novels, this beautifully illustrated Game of Thrones history conveys entertaining tales of incest, betrayal and clever turnarounds. Through summarized stories and lines of lineage, you get a sense of the extreme personalities involved, along with satisfying revelations about Valyrian dragons, the children of the forest and the Iron Throne. **KRIS ABEL**

Movies

Interstellar, Big Hero 6 lead way

A team of Marvel characters rocketed past a group of astronauts at the weekend box office. Disney's Big Hero 6 debuted in first place with $56.2 million US, while the Paramount and Warner Bros. space saga Interstellar was second with $50 million. **THE ASSOCIATED PRESS**

There is nothing dirty about being paid for art

Q&A. Amanda Palmer discusses her new book The Art of Asking, and her days as a street performer

LISA WEIDENFELD
Metro in Boston

Singer Amanda Palmer has had a busy few years. After splitting from her record company, she decided to fund her next album through Kickstarter. What followed was crazy crowdfunding success, a scandal about whether she was paying the amateur musicians she invited to join her onstage, a wedding to novelist Neil Gaiman and the illness of her longtime friend and confidante, Anthony Martignetti.

At the end of it all, Palmer gave a popular TED talk about how important it is for artists to be open to asking for money for their work, and now, just out, is her new book, The Art of Asking, which covers everything from her days of being a street performer to what it's like to be married to a successful novelist. (Though her book tour is just kicking off, it's not without controversy — after initially posting on Facebook that ex-CBC host Jian Ghomeshi would still be attending her Nov. 25 event in Toronto, Palmer uninvited him.)

Why do people have a hard time with the connection between art and money?
It's like the intersection of love and money. We have a romance about one, and a pragmatic idea about the other, and it's hard to see them merge. We don't like getting our art dirty. As human beings, we really compartmentalize the money department and the love department and the art department, when in fact those things are often interconnected and undeniably linked.

What made you decide to speak up about this issue?
I don't know if there was necessarily a moment when I decided to speak up about it. It was more a question of being called upon ... I despise being told what to do, and I didn't respond very positively to being bossed around by corporate labels.

So I was forced into a position of, just by necessity, running my own business and defending my decisions to people.

Quoted

"I really do think being a street performer gave me asking balls of steel."

Amanda Palmer, singer and author, on her early days as 'the 8-foot bride'

Are you worried people are already too aware of what you're writing about?
A lot of the stuff in the book is not stuff I've covered or blogged about. I rarely talk about my real relationship with Neil. I've rarely touched on my relationship with Anthony. I haven't talked a lot on my blog about the old days. The beginning, and my childhood, and the 8-foot bride (street performance) and that sort of stuff. ... It's a story of the course of a couple of years and what happens leading up to the Kickstarter and the ensuing controversy and Anthony's illness.

How different do you think you'd be if you hadn't been a street performer?
I don't think I'd be as open. That may be my retro, romantic opinion, but I really do think being a street performer gave me asking balls of steel ... There is an education about humanity and about perseverance that you get as a street performer that you just don't get anywhere else, because you have to just f–king deal with whatever happens to you.

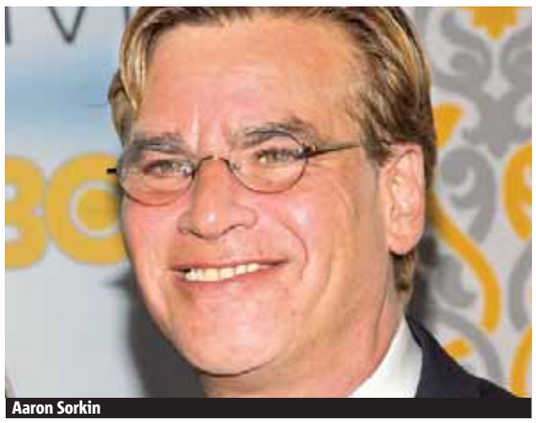
Unreel: Zuckerberg never clicked 'like' on Facebook flick

In not-so-surprising news, Mark Zuckerberg didn't enjoy watching The Social Network. The topic of the David Fincher-directed, Aaron Sorkin-written film about the founding of Facebook came up during a live Facebook Q&A recently when an audience member asked Zuckerberg how accurate the movie was.

"Wow, I haven't spent a lot of time thinking about that movie in a while. I kind of blocked that one out. It was a very interesting experience to watch a movie that was supposedly about my life," Zuckerberg said. "They went out of their way in the movie to try to get some interesting details correct, like the design of the office, but on the overarching plot, in terms of why we're building Facebook to help connect the world, or how we did it, they just kind of made up a bunch of stuff that I found kind of hurtful."

Mark Zuckerberg

ALL PHOTOS GETTY IMAGES



Aaron Sorkin

Throwing in the TV towel

Hey, did you like the premiere of the final season of The Newsroom? Well, enjoy it, because that's all the Aaron Sorkin-created TV you're getting. The man behind the West Wing, Sports Night and Studio 60 on the Sunset Strip says he's taking his show-running ball and going home. "...I'm pretty certain I'm about to write my last three episodes of television," Sorkin tells the L.A. Times. "I've had much more failure, as traditionally measured, than success in television. I've done four shows, and only one of them was the West Wing." So if you need your fill of hard-nosed angels fighting injustice with giant vocabularies along female colleagues who are always wrong and disastrously preoccupied with their love lives, you'll just have to turn to Netflix.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Not so Grande in the gift-giving department

STARGAZING
Malene Arpe
scene@metronews.ca

Somebody keeps sending Ariana Grande bad gifts, including a 20-kilogram pumpkin, Yankee candles, dog and cat calendars, a three-piece mirror set from Kmart and a $200 anklet from Kay Jewelers. Surprisingly, it's a 29-year-old old guy — and not your aunt who watches way too much Wheel of Fortune and names all the squirrels and sparrows in her garden.

Gwyneth Paltrow's GOOP is reportedly $1.86 million US in debt. Don't worry too much. It's linen-wrapped, monogrammed debt.

Amal Alamuddin has been nominated for a British Style Award. She's a nominee in three different categories: Best Dress Worn While Marrying George Clooney, Best Fancy Hairdo While Standing Next to George Clooney and Cute Shoes.

Jennifer Lopez admits that Ben Affleck was her first big heartbreak. Mine, too. But that was mostly because of Daredevil.

Iggy Azalea accidentally flashes a group of 13-year-olds while performing at a Bar Mitzvah. Today you are man who has already seen way too much.

Andy Dick

Chain reaction: Andy Dick arrested after alleged jewelry theft

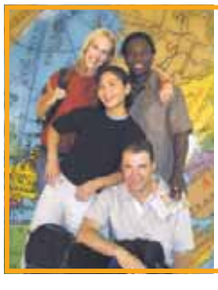
Andy Dick is in trouble with the law, which I know really shouldn't count as news, but there you go. So what did the ever-volatile comic do this time? Dick allegedly stole a necklace from a man after an encounter on Hollywood Boulevard last week, according to TMZ. That encounter apparently consisted of Dick riding up to the guy on his bicycle and asking if he could see his chain, reportedly valued at $1,000. Recognizing Dick as a famous person, the guy said yes, at which point Dick took it and rode away. The owner of the necklace reported the theft, and cops spotted Dick this weekend — also while tooling around on his bicycle — and nabbed him. He was released on $25,000 bail. I'm hoping his legal team goes with the "It's Andy Dick, what did the guy expect to happen?" defence.

Twitter

@IJasonAlexander
Okay, I just bought Taylor Swift's Shake It Off. I don't care if I am a 14 year old girl — I like it!

@bobsaget
Thinking of legally changing my name to #Oreo-Churros.

@SarahKSilverman
Brush your teeth



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LIFE 3

Five key things to consider before you begin investing

Stock market. The world of investing is a sexy place, as long as you know the risks and understand what you're getting into

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Before jumping into the complicated world of investing, do your homework and set up a practice account to help you understand the process. ISTOCK

Much of the personal finance media coverage is focused on the world of investing. It's sexy. A lot sexier than telling people to live within their means (jeez!), get their debt paid off (ugh!) or make a will (sigh).

A question I often get relates to how to step into the world of investing. I'm an investor. You should be, too. But not until:

1. All your consumer debt is gone. If you're carrying consumer debt, it's because you're spending more money than you make. Job one is to plug the holes and get debt paid off. No investment is going to return you more money than eliminating your consumer debt.

2. You are living within your means. That means knowing the difference between wants and needs. If investing is important, you'll need money to do it. So what are you not going to buy so you have the money to invest? Investing also takes discipline. Go screaming from the investment world at exactly the wrong time and you'll make paper losses into real losses. Fail to set your sell-point, and greed may take over where common sense should rule.

Want to know if you've got the discipline to be an investor? If you're not living on a budget, you're not ready.

3. You understand what you're thinking of buying. There's an investment option for every kind of investor, but you must know what you're buying before you buy. Would you buy a car without knowing how to drive? So why would you buy an investment without knowing how it makes money, or how it can lose money?

If I had a nickel for every time someone told me they'd bought a mutual fund but couldn't tell me what was in that fund, I'd be able to buy myself a bank! If you can't explain it to a 12-year-old, you don't know it well enough to buy it.

4. You match your investment and your time horizon. Short-term money — money you'll need in less than five years — needs to stay liquid, since you don't have enough time to wait for markets to recover should they dip.

Long-term investing means being prepared to leave the money there for more than a decade. If markets take a turn, you have the time to ride out the ups and downs.

Choosing an investment that matches your investment time horizon is important. And so is adjusting your investments as your time horizon changes.

5. You understand that all investing has risk and that the greater the potential return, the higher the risk you'll be taking.

If you aren't comfortable taking risk — if the idea of watching 30 per cent of your investment portfolio evaporate overnight makes you crazy — then you need to choose investments that will let you sleep at night. No, you won't have the spectacular returns of those who fear nothing and take a leap into speculative investments. But you won't have the losses, either.

If you've got the stomach, and the money, to go big or go home, the world of investing is huge and you're limited only by your knowledge. If you're a more conservative investor, don't apologize or feel embarrassed for being a chicken. Stay true to your risk profile and you will be happy watching your eggs pile up slowly.

Want a great way to dip your toes into the world of investing without taking any risk, so you can learn without any pain? Build a practice portfolio and watch what the investments do and how you react.

Choose 10 investments you'd consider buying and track how they perform. Watch what happens and how you feel about the changes as your practice portfolio fluctuates in value. When you're comfortable, you can put some real money into the mix.

Some people see the stock market as a game. Some people see it as gambling. It's neither. Nor is it for everyone.

You'll know you're ready to be an investor when you've got a solid financial foundation (no debt, an emergency fund, a spending plan) and you understand the options you're considering well enough to feel completely comfortable buying them. Even a twinge of doubt means you're not yet ready.

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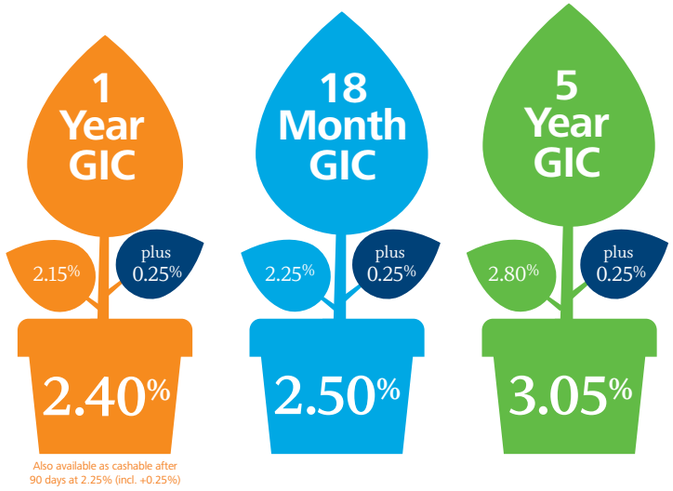

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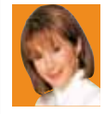
This recipe serves six. ROSE REISMAN

Want to jump on the quinoa bandwagon? Here's your chance

Lake Trout and Quinoa Pilaf with Sweet Potato and Cranberries. This meal comes together quickly



ROSE REISMAN
For more, visit rosereisman.com or follow her on Twitter @rosereisman

The flavours of sweet potatoes, dried cranberries and maple dressing go so well for this fall quinoa dish.

Quinoa is a hearty grain that's considered a complete protein and a complex carbohydrate with a low glycemic index. It's also gluten-free.

It's best to rinse your quinoa before cooking to eliminate the taste of the saponin, which can be bitter. I also like to cook my quinoa in a vegetable or chicken stock for added flavour.

Lake or salmon trout is a cross between both fish. It has a milder flavour and lighter texture than salmon and is also lower in calories and fat. You can also use rainbow trout fillets. The trout matches perfectly with the quinoa pilaf.

Ingredients

Salad
- 1 medium sweet potato peeled and cut into cubes
- 1 cup uncooked quinoa
- 1 1/2 cups chicken stock
- 1/2 cup dried cranberries
- 1/4 cup diced green onions
- 1/4 cup chopped cilantro or basil
- Salt and pepper

Dressing
- 1/2 tsp minced garlic
- 1/4 tsp Dijon mustard
- 1 1/2 tsp apple cider vinegar
- 4 tsp maple syrup
- 1 1/2 tbsp olive oil
- 2 tsp lemon juice

Fish
- 1 1/2 lb lake or salmon trout
- Salt and pepper

Glaze (optional)
- 1/4 cup low-sodium soy sauce
- 1/4 cup maple syrup
- 2 tsp cornstarch

Directions

1. Preheat oven to 425 F. Spray a baking sheet with vegetable oil. Place sweet potato cubes on sheet and roast for 15 minutes or just until tender.

2. Meanwhile, bring quinoa and stock to a boil, cover and simmer on lowest heat for 15 minutes. Place in serving bowl with sweet potatoes and remaining salad ingredients.

3. Dressing: Combine ingredients and add to quinoa salad.

4. Fish: Either grill or bake fish at 425 F for about 5 to 8 minutes or just until opaque. Serve over top of quinoa.

5. Glaze (optional): Combine ingredients in small sauce pan. Bring to a boil, then turn heat to low and simmer for 3 minutes or just until slightly thickened. Drizzle over fish.

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Mommy, Daddy, welcome to my desk

Career. Adult children showcase changes to the workforce on Bring In Your Parents Day

LinkedIn employee Catherine Fisher, right, chats with her mom Deanna Hatch during the company's second annual Bring In Your Parents Day.
MARCIO JOSE SANCHEZ / THE ASSOCIATED PRESS

Seta Whitford-Stark was dumbfounded last year when she found out her daughter Amy quit her job at an employee-recruiting agency to work for LinkedIn, an Internet company that Seta had never heard of. Amy tried to explain what the online professional networking service did, but Seta couldn't quite grasp the concept or why the 29-year-old would want to work there.

"Oh my God, what has she gotten herself into?" Whitford-Stark, now 73, recalls muttering to herself.

Then she got to observe Amy and her colleagues in action at LinkedIn Corp.'s New York office and came away with a much better understanding of her daughter's career.

Whitford-Stark participated in Bring In Your Parents Day, joining thousands of parents at companies around the globe in an event that gives workers a rare opportunity to showcase the cultural and technological changes that have transformed the modern workplace.

Conceived by LinkedIn last year, more than 50 companies and other organizations in 16 countries are now embracing this generational spin on the take-the-kids-to-work craze that began a couple of decades ago.

Companies realize that some parents who once tried to enlighten their kids by letting them tag along at work may be confused about what their now-adult children do.

"The first reaction when you hear about this is, 'Really, bring your parents to work? Is that really something you should be doing?" says LinkedIn Corp. CEO Jeff Weiner. But it makes sense, he says, once you have given it a try.

"Once you have done it and see how meaningful it is, it helps us all speak a common language in terms of how the world is working today."

Joe Hirz, 65, was pleasantly surprised by how much freedom LinkedIn's workers seemed to have while he accompanied his daughter, Jill Hirz-Jones, to LinkedIn's inaugural parent's day at the company's Mountain View, Calif. headquarters.

It was a stark difference to his 45-year career as an auto mechanic, a job that required him to account for his whereabouts and activity virtually every minute of his shift.

Getting an inside glimpse of LinkedIn also gave Joe, who didn't have a television set at home until he was 10 years old, a better understanding of how technology has changed the way people find jobs today.

More than 332 million people have set up profiles on LinkedIn pages where they share their career accomplishments, turning the service into a popular way to connect employers with talented workers.

"In my era, jobs came through word of mouth from your friends or in classified ads in newspapers," Joe says. "Now, it seems like you can get information almost immediately on a phone, including finding a job just about anywhere in the world."

Jill, 29, says it's now much easier to discuss work with her dad after last year's visit gave him a window into her corporate communications job.

"For him, working in a garage, communications meant speaking really loudly so everyone could hear him," Jill says. "Now, it's easier for him to understand when I am talking about a challenge on our communications team."

Some companies participating in Bring In Your Parents Day may be motivated by more than enlightening parents, says Brad Sago, a Wheaton College professor of business and management who specializes in generation-gap issues.

"Getting parents on their team is another way for companies to build brand equity," says Sago. "They are creating a company advocate, which is important because these parents are still influential in many children's lives."

As an advertising executive, Stoddart is unabashed in his desire to sell parents on the merits of working at Leo Burnett.

"We want our best employees to stay with us and parent advice is often involved in some of those big career decisions," Stoddart says. "So, it's OK with me if a parent says, 'Gee, I love that place, Leo Burnett. Why are you looking around?'"

THE ASSOCIATED PRESS

Teach us all you know

LinkedIn views parents' day as another way to help its 6,000 employees tap the knowledge of earlier generations.

- Research commissioned by the company found that nearly two-thirds of U.S. workers believe their parents have advice to give that could help further their careers but haven't yet shared it. On the flip side, about 20 per cent of the parents surveyed said they are reluctant to pass along their wisdom because they don't know enough about their children's careers.

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Shining a spotlight on financial literacy

Credit Education Week is a national initiative

SHUTTERSTOCK

Are you having problems getting your finances in order?

You aren't alone, according to a new survey on personal finance.

The research was commissioned by Credit Canada Debt Solutions and Capital One Canada in a lead-up to the eighth annual Credit Education Week.

Credit Education Week Canada (CEWC) is a national initiative that puts the spotlight on financial literacy and the importance of credit education. It kicks off today with events — from workshops to contests — across the country.

With a nod to the survey results, the theme of CEWC is Failure To Launch, which was a 2006 movie about a 35-year-old man who still lives at home).

The survey showed that many young Canadians are having problems getting their finances in order. Specifically, the millennials, the children of baby boomers and gen-Xers, who are finding it most challenging to gain financial autonomy.

The top three obstacles, according to the research, are: Lack of earning power (35 per cent); unemployment (31 per cent); and lack of budgeting, planning and saving (28 per cent).

There is also pressure to appear financially successful on social media. Fifty-one per cent of Canadians are afraid someone may find out about their financial challenges online.

"We understand that this trend is not only prevalent, but it can be emotionally taxing for many young Canadians trying to achieve financial success," says Laurie Campbell, CEO of Credit Canada Debt Solutions.

At the same time, the survey of 800 Canadians of all ages provided some encouraging news — those having problems with their finances are determined to turn things around.

While three-quarters admit to making mistakes with their money, they also believe they will fully recover from any financial setbacks.

Credit Education Week provides events, workshops and presentations on personal finance and how to make responsible decisions and reach financial goals.

There are several fun contests, too.

A Grade 12 essay contest invited students to share, "What is the dumbest thing you have ever done with your money and what did you learn from it?" Winners will be announced Thursday 13 at the CEWC dinner gala at the Royal York Hotel in Toronto.

Another contest invited adults to, "Tell us your money mistake."

A Twitter contest, sponsored by Credit Canada, asked followers to, "Show us your money face."

For more information about Credit Education Week, visit cewc.ca. – *Ylva Van Buuren*

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Brazilian Grand Prix

Rosberg closes in on Hamilton in F1 title race

This time, Nico Rosberg wasn't going to let victory slip away.

A week after seeing Lewis Haamilton overtake him to win the United States Grand Prix, Rosberg fended off another strong challenge by his Mercedes teammate to secure the victory at the Brazilian GP and close in on his rival in the Formula One title race.

The German cut his points-deficit to 17 but Hamilton will keep the upper hand going into the season-ending race in Abu Dhabi, where the Briton can clinch his second title with another second-place finish. If Rosberg misses out on a podium spot, Hamilton can finish eighth or better and still lift the trophy.

THE ASSOCIATED PRESS

ATP Finals

Federer gets his revenge on Raonic

Milos Raonic could not duplicate his upset win over Roger Federer.

Raonic fell 6-1, 7-6 (1) to Federer on Sunday in group play at the ATP Finals. The match came two weeks after Raonic upset the 17-time Grand Slam champion at the Paris Masters quarter-finals.

In other matches, Japan's Kei Nishikori beat home favourite Andy Murray 6-4, 6-4, and in doubles action Toronto's Daniel Nestor and partner Nenad Zimonjic lost their first match 6-3, 7-5 to Croatia's Ivan Dodig and Brazil's Marcelo Melo.

THE ASSOCIATED PRESS

Roughriders 'looking forward' to playoffs

CFL. Defending champs enter post-season having snapped a five-game losing streak

Eskimos wide receiver Devon Bailey is gang tackled by Roughriders defenders in Regina on Saturday. The Riders won 24-17. LIAM RICHARDS/THE CANADIAN PRESS

Corey Chamblin and the Saskatchewan Roughriders are heading into the CFL playoffs on a positive note.

The defending Grey Cup champions capped the regular season with a 24-17 home win over Edmonton on Saturday night. The Eskimos had already secured second in the West but Saskatchewan clinched third with the victory, and more importantly snapped an ugly five-game losing streak.

The Riders and Eskimos will get to do it all over again, this time at Commonwealth Stadium on Sunday in the West semifinal. The winner will travel to Calgary to face the first-place Stampeders on Nov. 23.

"There are two sets of guys in the locker-room right now," Chamblin said. "There is one set of guys who want to defend last year's title and there's another set of guys who want this year's title to be their first.

"There's a healthy blend in there and I'm really looking forward to getting back to the drawing board to get ready for another game that we know will be ready for us and that we will be ready for."

The big question with the Riders is whether incumbent Darian Durant will start Sunday. Durant suffered an elbow injury in a win against Winnipeg on Sept. 7 and recently returned to practice. Veteran Kerry Joseph was Saskatchewan's starter in the victory over Edmonton.

Edmonton won the season series 2-1.

Also on Sunday, the Montreal Alouettes (9-9) will host B.C. (9-9) in the East Division semifinal. The Lions finished fourth in the West but secured the third Eastern playoff seed by posting a better record than the Toronto Argonauts (8-10).

The Lions will attempt to become the fourth straight team to win the Grey Cup on home soil. B.C. and Montreal split their season series 1-1.

The East Division semifinal winner will face the Hamilton Tiger-Cats at Tim Hortons Field on Nov. 23. The conference champions square off in the Grey Cup game Nov. 30 at BC Place. THE CANADIAN PRESS

Regular-season stats champs

Despite missing Toronto's season-ending win over Ottawa with a concussion, Argos quarterback Ricky Ray led the league in passing yards (4,595), touchdown passes (28) and was its most accurate starter (68.5 per cent.)

- **Receiving yards** — Adarius Bowman, EDM, 1,456.
- **Rushing yards** — Jon Cornish, CAL, 1,082.
- **Sacks** — John Chick, SAS, 15.
- **Tackles** — Solomon Elimimian, BC, 143.

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Holland's double leads Maple Leafs past Sens

NHL. Ottawa fails to protect its leads to drop first game in regulation at Canadian Tire Centre

Maple Leaf Mike Santorelli scores a short-handed goal on Robin Lehner in the second on Sunday night at Canadian Tire Centre. FRED CHARTRAND/THE CANADIAN PRESS

The Toronto Maple Leafs found themselves playing from behind too many times Sunday night.

But that didn't matter to James Reimer, who managed to stop 38 shots as Toronto battled back from three one-goal deficits for a 5-3 win against the Ottawa Senators.

"It was a case of bending and not breaking," said Reimer. "They had opportunities, they worked hard and they battled to the dirty areas to get goals, so kudos to them, but we managed to battle and get some gritty goals ourselves."

Peter Holland had a goal and an assist for the Maple Leafs (8-5-2) while David Clarkson, James van Riemsdyk, Mike Santorelli and Josh Leivo added a goal apiece.

"It's huge, especially with the back-to-back we just had," Holland said, referencing Saturday's home win over the New York Rangers. "Any time you can get two points against a divisional team it's a big win. I thought it was a really good game and I thought both teams competed hard. It was great that we came out on top."

Mike Hoffman, Kyle Turris and Mark Stone had goals for the Senators (7-4-3), who lost for the first time in regulation on home ice this season. They are now 4-1-3 at Canadian Tire Centre.

Sunday's game was the makeup date from the Oct. 22 contest that was postponed following the shooting at the War Memorial earlier in the day that took the life of Cpl. Nathan Cirillo.

Clarkson had the only goal of the third period and it gave Toronto a 5-3 lead with 14 minutes to play.

Although he allowed five goals on 30 shots, Robin Lehner made some brilliant saves including one off Phil Kessel in the third when, while on his stomach, he reached out with his stick to swipe the puck away just before it crossed the goal line.

THE CANADIAN PRESS

Romo conquers London

The Dallas Cowboys' Tony Romo drops back against the Jackson Jaguars at Wembley Stadium on Sunday in London, England. Scan the image with your Metro News app for more Sunday results from around the NFL. CHARLIE CROWHURST/GETTY IMAGES

metro AR

Alone at the top

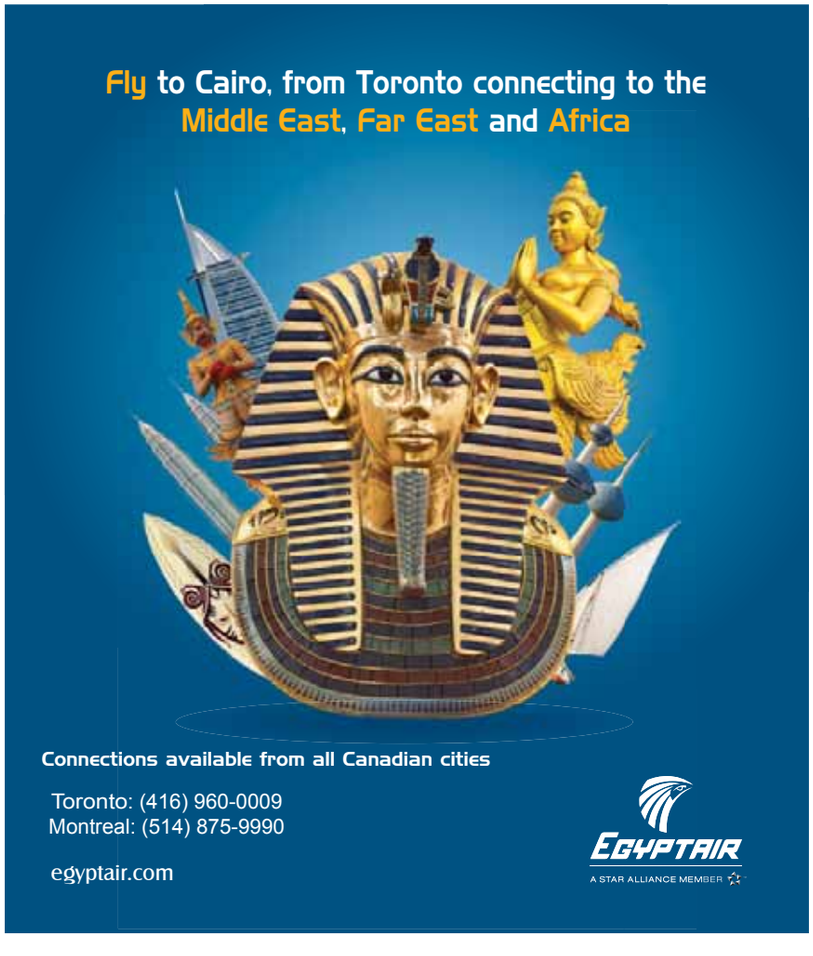
Raptors rout 76ers to lead the East

When DeMar DeRozan scored on a spectacular 360 layup Sunday night, he couldn't help but smile to himself.

The highlight-reel basket was the punctuation mark on a night that saw the Toronto Raptors run roughshod over the Philadelphia 76ers, improving their Eastern Conference-leading record to 6-1 with a 120-88 win.

The Raptors are alone atop the East for the first time in franchise history.

THE CANADIAN PRESS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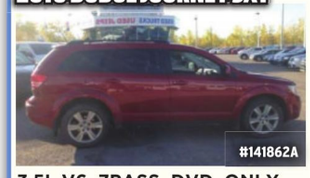

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AUGMENTED REALITY

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Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may not want to get involved in a dispute between work colleagues but you have no choice. When things start to get heated, you must step in and calm things down.

♉ Taurus
April 21 - May 21
Be honest about what you think today, even if your point of view is likely to offend. You are as entitled to your opinion as others are to theirs. Speak up.

♊ Gemini
May 22 - June 21
You will start the week inspired mentally and overflowing with energy physically. If you can apply your talents there is no limit to what you can achieve over the next four or five days.

♋ Cancer
June 22 - July 23
Today's Mars-Pluto link in your opposite sign of Capricorn could create a false sense of urgency. Take your time. Make your next move the right one.

♌ Leo
July 24 - Aug. 23
If you try to play mind games today you could find your tactics backfire. Some people are passionate about their beliefs and if you antagonize them you are asking for trouble.

♍ Virgo
Aug. 24 - Sept. 23
Mars-Pluto link in the most creative area of your chart will help you get a project off the ground. Don't move too quick or your resources will run dry.

♎ Libra
Sept. 24 - Oct. 23
No matter how hard you try to control your feelings today, Mars and Pluto will make it difficult not to get angry about something. You are probably right to blow your top.

♏ Scorpio
Oct. 24 - Nov. 22
You should by now have overcome whatever fears were holding you back, but if something is still bothering you then deal with it today.

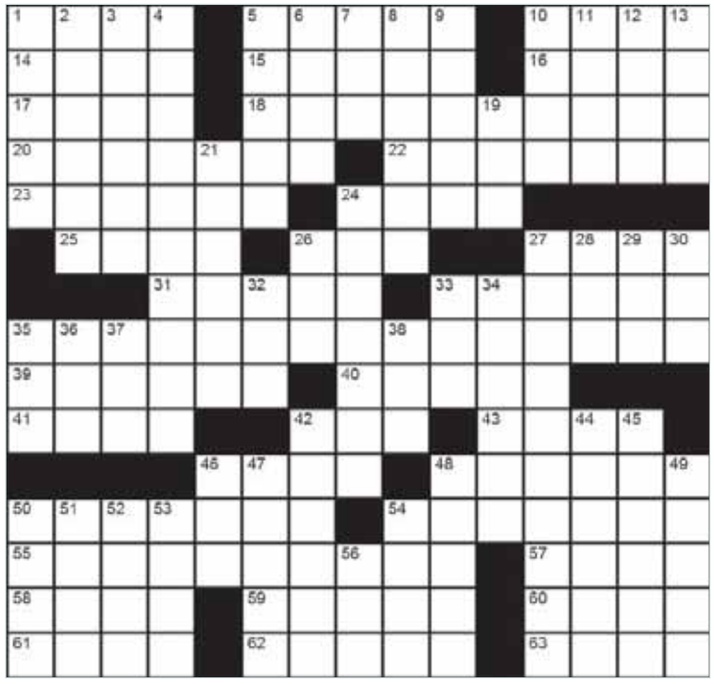
♐ Sagittarius
Nov. 23 - Dec. 21
What is it you want the most? Once you have put a name to your desire you will be amazed how easy it is to make it yours.

♑ Capricorn
Dec. 22 - Jan. 20
You may feel that you can take on the world and win, but why make a war of life? Today's Mars-Pluto union in your sign endows your personality with power. Ask for what you want.

♒ Aquarius
Jan. 21 - Feb. 19
You may feel that you have lost control over certain aspects of your lifestyle, but is it a big deal? The fact that other people are determined to take decisions for you frees up time to pursue more interesting ambitions.

♓ Pisces
Feb. 20 - March 20
You'll get the chance to tackle an issue that's been worrying you for months. A friend may offer to help you out. They know what needs to be done.

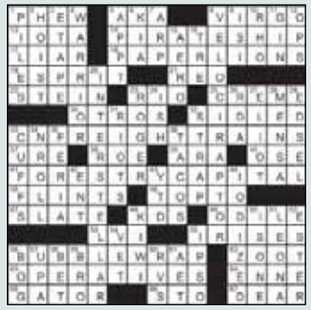
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Help Hand link: 2 wds.
5. Director Frank
10. Illusionist, archaically
14. __ contendere (Court plea)
15. Put on _ __ (Dress warmly)
16. Mr. Kristofferson
17. Plaintiff
18. Lancaster bombers WWII-set movie, "The __ __" (1955)
20. "M*A*S*H" spinoff, "__ John, M.D."
22. WWII American-Canadian commando unit movie, "The Devil's __" (1968)
23. Backslide
24. Peel
25. Change
26. SPCA protectee
27. Confront
31. Egg-shaped
33. Patrick __ (Author of Napoleonic Wars novel Master and Commander)
35. Ernest Hemingway WWI-era novel: 4 wds.
39. Canadian pilots movie, "Captains of the __" (1942)
40. "The movie's starting!": 2 wds.
41. US state
42. Ques. follower
43. Card game
46. Domesticated
48. Ideally: 2 wds.
50. Setting of '63's "The Great Escape": 2 wds.
54. Underwriter
55. 1965 John Wayne/Kirk Douglas war movie: 3 wds.
57. Ceremony
58. Bus. concern
59. Money spent
60. Rocket org.
61. Two musical notes
62. "S*P*Y*S" (1974), for one
63. Toboggan

Down
1. Bugle, e.g.
2. More tart
3. On _ __ of absence
4. 1958 war picture starring Canadian actor Glenn Ford as a submarine commander: 2 wds.
5. Future soldier
6. Rent-_-__
7. Cheering prop half
8. Hopping critter
9. Make _ __ (Go right, for instance)
10. Business subj.
11. Locale
12. Fortify
13. Being
19. Mr. Caesar
21. Demonstrated
24. Sean Penn war flick, "The Thin __ __" (1998)
26. Dessert
27. 'Major' character on "M*A*S*H": 2 wds.
28. WWI: Ace = __ hero
29. Photo taker, briefly
30. Nav. rank
32. Hurting-one's sounds
33. Extra sports periods, briefly
34. Increases or encourages
35. Raptors' venue, commonly
36. Ms. Nightingale, to pals
37. Get an '_' __ (Succeed at quiz-taking)
38. Mil. officers
42. Escalates: 2 wds.
44. Type of military action, __ battle
45. Dangerous flying bug
46. Road surface
47. Mil. stockpiles
48. "Would you like __ __ this?" (I can't eat it all)
49. Sole pattern
50. Wharf
51. Single occurrence
52. "For __ the Bell Tolls" (1943)
53. "__ _ help you?" (Store's query)
54. Shakespearean character
56. Intl. commerce group

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

6	3	9	8	4	7	2	1	5
1	5	7	2	6	3	4	9	8
4	8	2	1	5	9	6	7	3
2	9	1	4	7	5	3	8	6
8	6	5	3	9	2	7	4	1
3	7	4	6	8	1	9	5	2
9	2	3	5	1	4	8	6	7
5	4	6	7	3	8	1	2	9
7	1	8	9	2	6	5	3	4

7							3	1
1		4	2	9	3			
		8				6	2	
	2		4		7		5	
	4						7	
	3		6		1		9	
	7	6				3		
			7	3	4	8		2
4	8							5

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DARCY SCHINNOUR SALES MANAGER 18 YEARS
AHMED MANSOUR 8 YEARS
PHIL LAWRENCE 22 YEARS
NORM BELLEFLEUR 25 YEARS
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